



Thinking About Returning to Work?

Often times, people have been away from work for a number of reasons; some common reasons include recovering from an illness or injury, taking early retirement, caring for someone aged or disabled, raising a family and/or using time to explore your options of school or a career change.

Whatever your reasons might be, it is understandable and normal to be both excited and nervous about returning. Family and friends can be a great support during this time; and, a 2nd Chance Counsellor would be happy to guide you through the transition.



Back to Work
by Jen Grimes Employment Counsellor,
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Returning to work after any extended time can be difficult on anyone. There will inevitably have been changes in your workplace that you may find difficult to adjust to. Or you may just struggle getting back into a routine that now seems foreign to you. Learning how to have a smooth transition back into the workplace can help you avoid some unnecessary stress. (2nd Chance staff can support you with this!)

I recently returned to work after having a year off for a maternity leave. Needless to say, I was nervous about returning and had concerns that I would have forgotten how to do my job effectively. I also had mixed feelings about leaving my son with a daycare provider.

I've now settled back in to work and I'm learning how to embrace the changes that working brings into my life. Below are a few positive examples that may help you as well...

- ◆ Working parents enjoy adult interaction. We all love our children but it is nice to have a discussion that doesn't revolve around diapers and daycare.
- ◆ Working gives you an identity beyond "mom" or "dad." Being a parent is your most important job but it can be overwhelming if it is your only one.
- ◆ Working parents earn a paycheque. Having a paycheque helps with financial security and provides some of the extras in life that you may not get otherwise.
- ◆ Working parents set an example. It is healthy for children to see their parents having a rewarding professional life as they will learn the importance of working and enjoying it.
- ◆ Children of working parents learn independence and learn things from other caregivers that they might not get if they are only with their parents. They become more resilient and able to interact with a wide range of people as they mature.

See more @ <http://workingmoms.about.com>

Thank You!

We would like to thank Mister Safety Shoes for generously donating several pairs of gently used safety shoes to be used by our clients.

Contributions such as these are very much appreciated!



I was out of the workforce for a while,
how do I explain the gap in my resume?

Time off of work, for whatever reason, can often lead to gaps in your resume. Keep in mind the following advice when creating your resume...

- ◆ Make a positive statement about what you did, or have been doing, in the time away, and then focus on why you're ready to rejoin the workforce.
- ◆ Employers don't just want to know where you've been and what you've done; they want to know what you can do now.
- ◆ Consider a different resume style that highlights your skills. Remember, life experience has value in the working world.
- ◆ Don't forget to include volunteer activities on your resume. These always look good to an employer.
- ◆ If you really feel that you have no skills to offer an employer, consider volunteering or furthering your education and training to open up your options.

Speak to a 2nd Chance staff to find out more!

Are you a student? Laid off worker? Considering a career change? Come in and check our job boards!